

Supporting Highly Motivated Footballers

The following is a list of reasons that footballers have given in answer to the question. Why do I play football? Please look at each reason and decide how much you agree with it. Then tick the relevant column.

Your question is: Why do I play football?

Reasons for taking part	I agree	I'm not sure	I do not agree
1. I enjoy playing at different grounds and stadiums			
2. I enjoy learning skills			
3. I like the challenge and can get better			
4. It keeps me fit and healthy			
5. I like competing with better players			
6. I like the social side with friends			
7. It is exciting scoring a goal or keeping a clean sheet			
8. My partner wants me to play football			
9. I can win accolades			
10. I'm good at it			
11. It makes me feel special			
12. I love playing big matches			
13. I have fun practicing and being creative			
14. I can be part of a team			
15. I enjoy being outside in the fresh air			
16. It gives me energy			
17. I enjoy the banter			
18. I enjoy the challenge of trying to beat others			
19. I learn about myself			
20. I learn self-control			
21. I enjoy trying to perfect my craft			
22. My friends or family want me to play			
23. For the money that I earn now or will earn in the future			
24. I could be chosen for a better teams or squads			
25. It makes me feel good			
26. I enjoy the travelling that comes with my football			
27. It takes me away from other stressors or worries in my life			
28. I feel like a playful and fearless child playing football			
29. I like meeting new people			
30. Football is all I know			

Now look at the list and write down the three most important reasons that you take part.

1. _____
2. _____
3. _____

Consider if your own ego gets in the way with some of your motivations for playing football. Make a note about what you notice (Do you get caught in the trap of pleasing other people, getting caught out by chasing perfection, or by paying too much attention to results, league tables or trophies).